

Blessed Trinity Parish

Roman Catholic Church

Greenfield, Massachusetts

Thirteenth Sunday in Ordinary Time - July 2, 2023



Schedule of Holy Mass

Lord's Day Vigil— Saturday 4 pm

Lord's Day—Sunday 8 am, 9:30 am, & 11 am

Weekday

M-T-Th-F- 8:30 am

Wed. 12:05 pm & 6 pm

First Saturday - 8 am

Holy Day Vigil - 6 pm

Holy Day - 8:30 am, 12:05 pm, & 6 pm

*"Just as the living Father sent me
and I have life because of the Father,
so also the one who feeds on me
will have life because of me." Jn 6:57*

Our Churches & Sacred Spaces

Blessed Sacrament Church

221 Federal Street

Mass: Saturday—4 pm | Sunday—11 am

Monday & Tuesday—8:30 am | Wednesday—6 pm

Holy Day Vigil: 6 pm | Holy Day: 8:30 am

Calvary Cemetery

Wisdom Way | First Burial recorded 1792

Holy Trinity Church

135 Main Street

Mass: Sunday - 8 am & 9:30 am

Wednesday 12:05pm | Thursday & Friday—8:30 am

Holy Day: 12:05 pm & 6 pm

Perpetual Adoration Chapel

221 Federal Street | Always present 24/7

www.blessedtrinitygreenfield.org

All are Invited & Welcome to Join Us!

We are a diverse Catholic Community of Greenfield which shares a faith in Jesus Christ, is nourished at the table of the Eucharist, celebrates life-giving and healing Sacraments, tries to live the Beatitudes, and reaches out in service, together.

Please join us on this journey of life and faith!

THIRTEENTH SUNDAY IN ORDINARY TIME—MONTH OF THE MOST PRECIOUS BLOOD

O God, who through the grace of adoption chose us to be children of light, grant, we pray, that we may not be wrapped in the darkness of error but always be seen to stand in the bright light of truth. *Amen*



PARISH OFFICE.

14 Beacon Street. Greenfield, MA 01301

HOURS: Monday-Friday: 9 am - 3 pm

413.773.3311 | 413.774.2884
office@blessedtrinitygreenfield.org



PASTOR: Rev. Michael M. Pierz

pastor@blessedtrinitygreenfield.org | x103

DEACONS: deacons@blessedtrinitygreenfield.org

Deacon Paul F. DeCarlo | Deacon John Leary

Deacon George Nolan | Deacon Channing L. Bete (ret.)

CAMPUS MANAGERS:

Deacon Paul DeCarlo | Deacon John Leary

OFFICE STAFF:

Monique Richardson | Jane Fay | Amanda Edson

MAINTENANCE STAFF:

Harry Demers | Curtis Plausky

CEMETERY ADMINISTRATION:

Betty Fritz, Administrator

MUSIC MINISTRY:

Paul Calcari, Choir Director | Kathleen Galluzzo, Organist

Stephen Glover, Organist/Choir Director

RELIGIOUS EDUCATION:

Katie Pierce, Interim Coordinator

ReligiousEd@blessedtrinitygreenfield.org

FOOD PANTRY:

Donna Leary, Coordinator

pantry@blessedtrinitygreenfield.org

BULLETIN:

Charlene Currie, Editor *pro tem*

bulletin@blessedtrinitygreenfield.org

(Deadline: **Wed.5pm -10 days prior-** for following weekend.)

FINANCE COUNCIL: (transitional)

Bill Bell (Co-Chair) | Kevin O'Neil (Co-Chair)

Pierre Belhumeur | Ann Dillon

Gary Longley | Mark Penfield

RELIGIOUS EDUCATION BOARD:

Marshall Carroll (Chair) | Virginia Christi

Phil Corrinet | Jason Edson

Mary Fleury | Michael Motisi

Lindsay O'Neil | Katie Pierce

BUILDINGS & MAINTENANCE COMMISSION:

Pierre Belhumeur | Skip Descavich

Johan Livingstone | Gary Longley

Mark Penfield | Greg Rode

FATHER JAMES CASEY HALL (135 Main St)

PASTORAL CENTER HALL (14 Beacon St)

BL. MCGIVNEY CONFERENCE ROOM (14 Beacon St)

Arrangements for use can be made through the Parish Office.

PERPETUAL ADORATION CHAPEL

Deacon John Leary, Coordinator

Hours available and Coverage Requested

CALVARY CEMETERY

Arrangements for burial can be made through the Parish Office.

OUR MINISTRIES.

FOOD PANTRY

Saturday 9 am– noon | Tuesday Noon-3 pm | Thursday 3 pm-6 pm | pantry@blessedtrinitygreenfield.org

COMMUNITY MEALS: 2nd, 4th & 5th Thursdays—to volunteer call Kathy Melnik 413.773.3311

ALTERNATIVES PREGNANCY CENTER

413.774.6010 *Pregnancy Tests, Counseling, Support, Post Abortion Support*

NATURAL FAMILY PLANNING: Ed & Suzi Cottrill 413.773.3311

YOUNG & CATHOLIC YOUNG ADULT GROUP OF FRANKLIN COUNTY: Stephanie Paige 413.773.3311

POPE ST. JOHN PAUL THE GREAT YOUTH GROUP: Ed & Suzi Cottrill 413.773.3311

BLESSED TRINITY ROSARY SODALITY: Marcy Hoynoski, President. 413.773.3311

KNIGHTS OF COLUMBUS, LT. JOHN GALVIN COUNCIL No. 133: Dan Arsenault, Grand Knight. 413.773.3311

HOSPITAL MINISTRY | JAIL MINISTRY | HOMEBOUND MINISTRY | HOMELESS MINISTRY

Thoughts from the Pastor's Desk ...

Dear friends of Blessed Trinity,

In the Second Grade classroom at my home parish's Catholic school, I remember well standing each morning with hand over heart facing the American flag. In organized rows of wooden-topped metal desks, my eight year-old classmates and I would recite the Pledge of Allegiance and recollect, during those first moments of the day, the dignity and honor of our American nation under God indivisible.

Colored with the virtues of hardiness and valor, purity and innocence, vigilance, perseverance, and justice, the red, white, and blue instilled in our young sensibilities the duty and charge that was our pledge and allegiance. To be men and women of this nation, though still in our youth, was a great distinction and clear responsibility. The nation we celebrate is not merely a land to claim or a home to call our own, but a freedom to epitomize and a bravery to embody. These principles define the nation more sharply than any borders jagged on a map. Virtue and the call to virtue form our nation.

Rising to the responsibility of being an American, this Fourth of July I give thanks for this education of virtue. May the nation we stand for and its birth we celebrate these days, strengthen our resolve and give rise to our own sense of respect and responsibility for liberty and justice, truth and honor.



To you and your loved ones, Happy Fourth of July!

Most Holy Trinity, I adore You! My God, I love you in the Most Blessed Sacrament!

Fr. Pierz

PERPETUAL ADORATION CHAPEL *"Could you not keep watch with me for one hour?" - Matthew 26:40*

Hours Available. | Coverage Requested.

Please contact Deacon John Leary at 413.773.3311 or deacons@blessedtrinityGreenfield.org

PROTECTING GOD'S CHILDREN.

Blessed Trinity Parish actively participates in the nationwide education and service of The National Catholic Risk Retention Group **VIRTUS**® program. This comprehensive training identifies best practices designed to help prevent wrongdoing and promote "right doing" within religious organizations. The **VIRTUS**® trainings empower organizations and people to better control risk and improve the lives of all those who interact with the Church.



The **Protecting God's Children** program is one of the many **VIRTUS**® classes aimed at protecting children from child sexual abuse. **Protecting God's Children** is a comprehensive 3-hour awareness session and is required for adults in the faith community who interact with minors. This training educates participants on the signs of child sexual abuse, the methods and means by which offenders commit abuse, and how to prevent it.

All of the employees, volunteers and other responsible adults of Blessed Trinity Parish are required to take this comprehensive safe environment training to ensure the safety of God's children.

This free program is available to all parishioners who are thinking of becoming a volunteer or for their own knowledge in their daily lives.

For more information on this program or to enroll in these trainings, please contact the Parish Office at 773.3311.

OUR FAITH.

OUR SACRAMENTS.

EUCCHARIST:

LORD'S DAY MASS

Saturday 4:00 pm (BSC) | **Sunday** 8:00 am (HTC), 9:30 am (HTC), 11:00 am (BSC)

WEEKDAY MASS

M & T 8:30 am (BSC) | Wed. 12:05 pm (HTC) & 6 pm (PAC) | Th & F 8:30 am (HTC)

ADORATION

Always present, 24/7 in our Perpetual Adoration Chapel (PAC)

CONFESSION:

Saturday, 2:30-3:30 pm | 30 min. before Sunday Masses | Wednesday, 5-5:45pm | or by appointment. (Every effort is made to arrive 30 min. before the 11 am Mass for Confession, however priest availability can be limited.)

BAPTISM:

Please contact the Parish Office to schedule baptism preparation classes, review sponsor eligibility, and plan celebration of the sacrament. Typically celebrated within 8 weeks of birth. Ceremony may be private or during our Sunday Masses.

MARRIAGE:

Please contact the Parish Office at least 9 months in advance to enroll in marriage preparation classes and plan liturgy arrangements.

CONFIRMATION:

Typically takes place through our Religious Education program. If you are an adult and have not received the Sacrament of Confirmation, please contact the Parish Office.

HOLY ORDERS:

Have you ever been inspired of a vocation to the priesthood or religious life? Please speak with Fr. Pierz or call the Parish Office.

ANointing of the Sick: Available during pastoral visit, Sacrament of Confession, or by appointment.

ORDER OF CHRISTIAN INITIATION FOR ADULTS: Seeking to receive all your sacraments and enter full communion with the Catholic Church? You are invited and welcome to join us! Please contact the Parish Office to learn how to become Catholic and receive the sacraments of initiation.



There's an old saying that goes, "Once a Catholic, always a Catholic." Maybe you have been away from the Church for a little while or for quite some time, but now you feel a tug at your heart calling you back to the Catholic Church. Listen to that tug. It's your Heavenly Father reaching His arms out to you, the Holy Spirit whispering in your ear, to draw you home.

We hope **you accept this as your invitation** to rediscover the truth, wonder and mystery of the Catholic faith. We want you back. We've missed you, and our Church is not the same without you.

Regardless of why you left or got out of the habit of going to Mass, you can always come home and return to the practice of the sacraments and the fullness of relationship with Jesus Christ and the Church He founded.

We are Catholic. Welcome home. *CatholicsComeHome.org*

OUR PASTORAL COMMISSION MEETINGS – THIS WEEK.

All are encouraged to inquire about these opportunities or join these meetings—no commitment required.

BUILDINGS & MAINTENANCE MEETING Thursday July 6th, 6:00 pm in our Pastoral Center Conference Room

PASTORAL MINISTRY TO THE SICK & HOMEBOUND.

Do you know of a parishioner entering a nursing home, recently or with an upcoming hospital stay who would like a visit or to receive the Eucharist? Contact comfort@blessedtrinitygreenfield.org or call 413-773-3311

OUR FAITH.

*Live as free men, yet without
using your freedom as a pretext for
evil, but live as servants of God.*

1 Peter 2:16



This Bible verse contains a perfect reflection for July 4th because it reminds us that we are called to use our freedom for good, and not for evil.

Independence Day in the United States is a time of thanksgiving for the gift of freedom, honoring the democratic ideals that are at the foundation of this country. However, with great freedom comes great responsibility.

The Bible reminds us that freedom is given to us not for evil, but for good. Verse **1 Peter 2:16** is a simple but powerful Bible verse that we should meditate on during the festivities of July 4th, remembering how our freedom should be used properly. (aleteia.org)

Happy 4th of July!



OUR MINISTRIES – MAKING A DIFFERENCE.

As we gather the information we will post updates on how our growing Ministries are having a positive impact in our community while sharing our Catholic Faith by the caring of others.

Community Meals: On 6/22 we served 80 meals of Pork Chops, Stuffing, & Apple Sauce

Food Pantry (Totals for May): Individuals Served: 1845 | New Ind.: 24

Households: 765 | Equivalent Meals: 6,527

Sick & Homebound: Currently we have 22 amazing volunteers visiting 49 homebound parishioners and 50 parishioners in nursing homes

For it is in giving
that we receive.



Francis of Assisi

Interested in volunteering? Please contact us
at the Parish Office
413.773.3311 or
office@blessedtrinitygreenfield.org.



OUR PARISH.



Mass Intentions

SATURDAY, July 1 — FATHER PIERZ

4:00 BSC HELEN MCGREEVY — by Annie Keough

SUNDAY, July 2 — FATHER CAMPOLI

8:00 HTC RICK DUFRINE — by Doug & Joanne Brown

9:30 HTC STEPHEN HLATKY — Mary Reilly Parsons

11:00 BSC IN THANKSGIVING FOR SANDRA PAVONI

MONDAY, July 3 — DEACON RABBITT

8:30 BSC WINSTON LABELLE — by Betty Fritz

TUESDAY, July 4 — BISHOP McDONNELL

8:30 BSC WINSTON LABELLE — by Betty Fritz

WEDNESDAY, July 5 — FATHER LUNNEY

12:05 HTC MARK QUINN — by the Holan Family

6:00 PAC JAMES J COSTELLO — by the Family

THURSDAY, July 6 — FATHER DIMASCOLA

8:30 HTC RICK DUFRINE — by Deb & Greg Isles

FRIDAY, July 7 — CLERGY IN PURGATORY

8:30 HTC BLESSINGS & SPECIAL INTENTIONS FOR
RENE BOISONAULT — by Mary Fleury

SATURDAY, July 8 — FATHER ROUX

4:00 BSC JANET ZILCH — by Mike Zilch

SUNDAY, July 9 — VOCATIONS, SEMINARIANS, & DEACON
CANDIDATES

8:00 HTC FRANCIS BRISSETTE — by the Family

9:30 HTC 60TH ANNIVERSARY BLESSING — by Lina &
George Roberge

11:00 BSC GRACE & BLESSINGS FOR MAUREEN
FILIAULT — by Laurie Tilton

THE ROSES FOR MARY PRAYER GROUP.

*Join us for prayer in our Perpetual
Adoration Chapel*

Each Monday at 6:30pm.



THIRTEENTH SUNDAY IN ORDINARY TIME JULY 2, 2023

Give eternal life, O Lord, to all our beloved dead.
May they rest in peace! We remember in our prayers:

TIMOTHY MCCARTHY

JULY 2-JULY 15



BSC SANCTUARY CANDLE is burning in to end
abortion and Planned Parenthood - from Anonymous

ADORATION CHAPEL CANDLES will burn in
memory/honor of:

1. **Health & Blessings for Clarence Heath** — by Claire
Heath

2. **A Special Intention** — by Anonymous

3. **A Special Intention** — by Anonymous

4. **Patricia Duffey Earley** — from Robert Earley

HTC 7-DAY CANDLE: For Jacob Garmalo - by
the Family

*If you would like to burn a candle or donate flowers
for a special occasion, in memory of a loved one or
other intention, call the parish office at 773.3311*

THIS WEEK'S SANCTUARY FLOWERS

Our sanctuary flowers were donated
in memory of

Jacob Garmalo by the Family

*Thank you for this beautiful show of
remembrance.*



WEEKEND OF JUNE 25, 2023

*"Pray, brethren, that my sacrifice and yours may be acceptable to
God, the almighty Father"*

Weekly Collection: \$5856

Fuel/Energy Collection: \$175

Maintenance Collection: \$345

*"May the Lord accept the sacrifice at your hands for the praise and
glory of His name, for our good and the good of His Holy Church."*

Thank you for your generosity!

OUR PARISH.

A BIG THANK YOU!

The Stone Soup Café and Chef Pam from UMass have been cooking up a delicious meal on Sundays for the refugees that attend our 9:30 Mass. Providing a little taste of home



to those in our town served in our Father Casey Hall. All are welcome to volunteer, attend, and socialize.

To Volunteer contact the Parish Office

UPCOMING COMMUNITY MEALS:

Thursday from 5-6pm on

July 13—Kathy Tomaus

July 27—Darlene Steiner

Take out only at our Holy Trinity Church

For more info, contact Kathy Melnik at 773.3311

Updated as of 6/23/23 for the Annual Catholic Appeal.

Our Diocese is at 76.6% of the \$3,000,000.00 goal.

Blessed Trinity Parish numbers are:

Donors: 189

Cash Gifts: \$39,969

Pledges: \$33,690

Total to Date: \$73,659



Please consider making your donation today.

Contact: 413-452-0670 or email aca@diospringfield.org

DONATIONS FOR REFUGEES

Please bring donations of clothing and toiletries to our
Pastoral Center | 14 Beacon St, Greenfield Mass

Monday through Friday 9 am - 3 pm

Immediate Needs: Diapers, Baby Wipes, Baby Formula (all types), Onesies, Infant Clothing, Toys (no balls please), Activity Books for Children of all ages, Men's & Women's Socks, Underwear (Children, Youth, Men's & Women's), Sweatshirts (all ages & all sizes), New & Gently Used Women's Clothing, New & Gently Used Men's Clothing, Feminine Hygiene Products, Toothbrushes, Toothpaste, Deodorant, Soap, Shampoo.

THIS WEEK AT BLESSED TRINITY PARISH



Saturday July 1

8:00 am First Saturday Mass (BSC)

4:00 pm Mass (BSC)

Sunday July 2

8:00 am Mass (HTC) Confession: 30-minutes beforehand

9:30 am Mass (HTC) Confession: 30-minutes beforehand

10:30 Refugee Welcome Luncheon

11:00 am Mass (BSC) Confession: 30 minutes beforehand (Note: Priest availability can be limited with 9:30 am Mass at HTC.)

Monday July 3

8:30 am Mass (BSC)

6:00 pm Roses for Mary Prayer Group (PAC each Mon.)

Tuesday July 4

8:30 am Mass (BSC)

Wednesday July 5

11:30 am Most Holy Rosary (HTC)

12:05 am Mass (HTC)

5-5:45 pm Confession (PAC)

6:00 pm Mass (PAC)

7:00 pm Holy Hour for the Sick & Dying-(PAC ea. Wed.)

Thursday July 6

8:30 am Mass (HTC)

6:00 pm Buildings & Maintenance Meeting - Pastoral Center Conference Room

Friday July 7

8:30 am Mass (HTC)

Saturday July 8

2:30 pm—3:30 pm Confession (BSC)

4:00 pm Mass (BSC)

Sunday July 9

8:00 am Mass (HTC) Confession: 30-minutes beforehand

9:30 am Mass (HTC) Confession: 30-minutes beforehand

10:30 Refugee Welcome Luncheon

11:00 am Mass (BSC) Confession: 30 minutes beforehand (Note: Priest availability can be limited with 9:30 am Mass at HTC.)

PRAYER CHAINS.



Please contact us with your petition.

Our Parish Prayer Chains are
available to all..

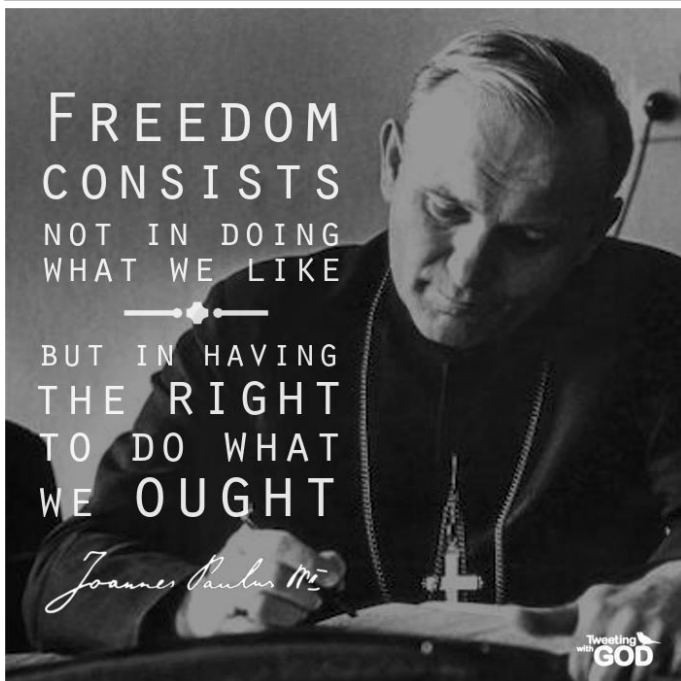
Andrea Lapointe: Parish Office at 773.3311

Marie Boynton: 775.3633 memeboynton@comcast.net

OUR YOUTH.



Our Youth on the move...



Blessed Trinity **Jumble**

Answer to Last Week's Puzzle:

YES—GOOD—SOUL—BOUNTY

Someone doesn't
have to sneeze for
you to tell them

God bless you!



OUR REGION.

SUMMER SUNDAYS. Summertime is here and it's tempting to skip Sunday Mass while relaxing on the beach, but summer vacation doesn't exempt us from going to church. Make it memorable. Is there an historic church nearby your vacation spot? Learn about its history. Don't just attend, but immerse yourself into the experience. Research before you go. Is there a church by the water? Is there one with beautiful gardens? Does it have a rich history or beautiful stained glass or statues? Be sure to meet the Priest, Deacons and parishioners **and don't forget to bring back 2 bulletins for us**—one to post on the Parish Bulletin Board and one to share with the grateful Blessed Trinity Parish Bulletin Editor! *Let's see how many bulletins we can collect over the summer!*

DESTINATION BOSTON. When most people think of Boston churches, the Old North Church (Boston's oldest surviving church) comes to mind. Founded in 1722, it was made famous by Paul Revere who held two lanterns from the church's steeple to signal that the British were marching to Lexington and Concord. Less well-known, but also of historical significance, are these three beautiful Catholic churches that are deeply intertwined with the city's rich history and worth a stop while visiting the city.

St. Stephen's Church. Just a 3-minute walk from the Old North Church, following the Freedom Trail, is St. Stephen's Church, dating back to 1804. It is the last remaining church in Boston designed by the architect Charles Bulfinch, who built the United States Capitol.

St. Stephen's was not always a Catholic Church. Originally called New North Church, it was first a Congregationalist and then a Unitarian house of worship. In 1862, as the North End of Boston had become heavily Catholic due to an influx of Irish immigrants, the church was sold to the Roman Catholic Archdiocese of Boston and became St. Stephen's. While it is no longer a parish church, it is run by the Missionary Society of St. James the Apostle.

Mass: Daily at 7:30am | Sat. 4:30pm | Sun. 11:00am **Located at 401 Hanover Street.**



Basilica and Shrine of Our Lady of Perpetual Help. Built by the Redemptorists in 1874 in the Mission Hill neighborhood of Boston, Our Lady of Perpetual Help is both a basilica and a shrine, and has always served immigrants and the poor.

After a replica of the icon of Our Lady of Perpetual Help was installed over the altar, the church became known for a number of cures that were attributed to Our Lady's intercession. Starting in 1887 the infirm would flock to the church for weekly blessings of the sick, earning the New York Herald 1901 headline: "A Lourdes in the Land of Puritans."

Before Senator Edward Kennedy died in 2009, he asked that his funeral be held at Our Lady of Perpetual Help, a place dear to his

heart from the time he prayed there every day when his daughter was in a nearby hospital battling cancer.

Mass: Daily at 7:00am & 12:10pm | Sat. 8:00am & 12:00pm, Vigil 4:00pm & 7:00pm (Haitian) | Sun. 9:00am, 11:00am(Spanish), 12:30pm & 5:00pm **Located at 1545 Tremont Street.**

Cathedral of the Holy Cross. The largest Roman Catholic church in New England, it seats nearly 2,000 people. Built in 1866, its Gothic Revival style incorporates local Roxbury puddingstone and gray limestone. The Cathedral houses the largest, and arguably finest, organ built by the world-renowned Hook and Hastings Company in 1875.

A Requiem Mass for President John F. Kennedy was celebrated here on January 19, 1964, and broadcast on national television. The church was honored by a visit from Pope John Paul II who held a prayer service in 1979. **Mass:** Daily at 9:00am (Chapel) | Sat. 4:30pm | Sun. 8:00am, 10:00am (Latin-in Chapel), 11:30am & 5:30pm. **Located at 1400 Washington Street.**



(aleteia.org)

AND MORE.

STAINED GLASS: BLESSSED SACRAMENT CHURCH SANCTUARY

“By faith Abel offered to God a sacrifice more excellent than did Cain”.

—Hebrews 11:4

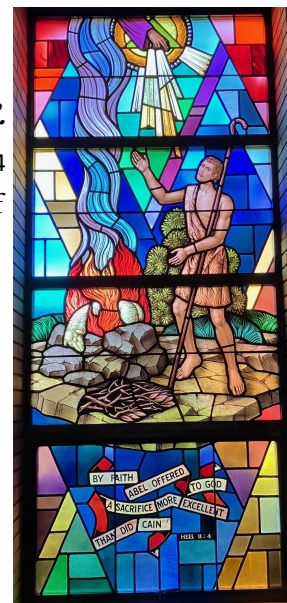
Our next window pane can be found near the Confessional Room showing Abel, the son of Adam, making a sacrifice. Abel, a generous shepherd, offered the fattest of his sheep as a gift to God. Although not shown in this glass panel, his older brother Cain, a stingy farmer, offered only a handful of grass and some worthless seeds. God accepted Abel's generous offering and rejected Cain's—an indication that Abel was more righteous than Cain.

One of the more popular explanations has been that God preferred Abel's offering because it was the firstborn from his flock, while Cain's offering was a mere "garden variety" of assorted produce readily available, keeping the best for himself. By an act of faith, Abel brought a better sacrifice to God than Cain and it was what Abel believed and his faith in God, not what he brought, that made the difference. That's what God noticed and approved as righteous. The Lord “has regard” only for Abel's sacrifice, which leads to Cain's jealousy, anger, and eventual murder of his brother, Abel.



You'll notice at the top of this panel, the rich hues of the circles with a triangle inside, symbolically representing the unity of the Father, Son and Holy Spirit which combine to make one God. The light is the hand of God and His praise and acceptance of this perfect sacrifice from Abel.

(uscgb.org, biblestudytools.com, stainedglassinc.com)



Blessed Trinity Parish is fortunate to have beautiful stained glass windows in our churches. As we learn about these windows, we invite you to take a few moments to walk around and experience their beauty up close. *Many thanks to our parishioner Sandra Pavoni, Historical Researcher who is sharing her passion and knowledge as we explore our windows in the coming months.*

 **Dynamic Catholic**
Be Bold. Be Catholic.®

Start your mornings inspired to become the best Catholic you can be. Sign up for “bite-sized” daily emails at dynamiccatholic.com.

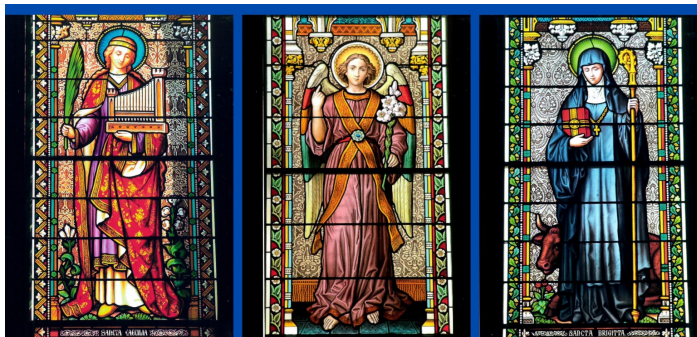
LIKE US ON FACEBOOK.

New up-to-date posts, photos, opportunities to volunteer, Parish information & more!



Blessed Trinity Parish Greenfield
and

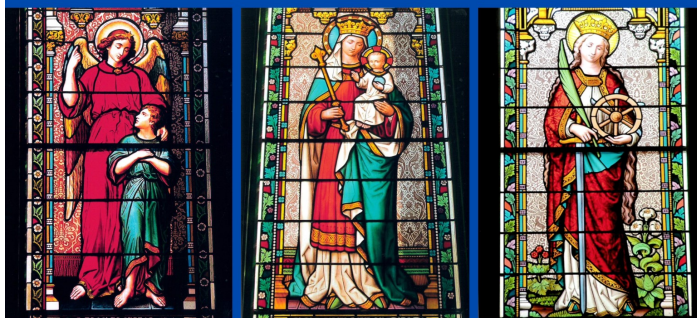
VisitBlessedTrinityGreenfield.org



SUMMER LECTURE SERIES AT SAINT MICHAELS
ON STAINED GLASS: A FORETASTE OF HEAVEN

EVERY WEDNESDAY, JUNE 28 – SEPTEMBER 27
5PM – EVENING PRAYER

FOLLOWED BY THE PRESENTATION.
47 WALNUT STREET, BRATTLEBORO, VERMONT



AND MORE.

7 Reasons to Slow Down During the Summer

by Joshua Becker for becomingminimalist.com

Almost two decades ago, a mentor gave me a piece of advice that has stuck with me since:

*Slow down your life, at least a little bit,
the summer months.*

during



Summer offers a wonderful opportunity to ease our pace, recharge our batteries, and reconnect with what truly matters. This isn't advice about completely stopping our work or responsibilities; rather, it's about dialing back, shifting gears, and making room for moments that can enrich our lives.

If you're someone who clocks in long hours at work every week, this advice is particularly for you—especially if you have children at home. But really, anyone can benefit from the spirit of slowing down—be it using your vacation days, leaving earlier in the afternoon, extending your weekend, or just not taking on a new project at work.

Here are seven compelling reasons why we should all embrace a slower summer pace:

1. To Enjoy the Good Weather. Let's be honest, the warm weather just calls us to be outdoors.

Research suggests that being outdoors can improve mental health, increase vitamin D levels, and reduce stress. But we can't reap these benefits if we're cooped up indoors working all the time.

2. To Connect with Family. Most parents get only 18 summers with their children before they grow up. That's not a lot of time. Summer offers precious moments to connect with our children, create memories, and strengthen our familial bonds. Some of my most lasting memories with my parents occurred during summer months. They won't be little forever. Make this summer count.

3. To Leverage the Longer Days. Summers gift us with more daylight hours, providing the perfect backdrop for relaxed, unhurried evenings. It's the best time to sit on your porch, ride bikes with your kids, take a stroll with your spouse, spend time with neighbors, go get some ice cream, or attend your kids' t-ball game. Embracing these slower moments can boost our mood and improve our overall well-being.

4. To Find a Natural Rhythm to the Year. We're often so engrossed in our work and routines that we lose touch with the natural rhythms of life. Slowing down in the summer, picking up pace in the fall, taking a short break during the holidays, and then pushing hard through the spring—this cycle mirrors the ebb and flow of nature. Aligning with this rhythm can bring a sense of balance and harmony to our lives.

5. To Reevaluate and Reorient Our Lives. Slowing down creates space for reflection, a chance to evaluate our priorities, and align our actions with what matters most to us. The typical hustle and bustle of life often leaves little room for introspection. Slowing down during the summer gives us the opportunity to step back, assess our life's trajectory, and make necessary adjustments.

6. To Reconnect with Friends. With vacations and social gatherings, summer is also a great time to reconnect with friends. These social interactions play a crucial role in promoting emotional health. Sometimes they are expensive outings, but they don't need to be. Frisbee in the park can be just as rejuvenating as a week on the beach.

7. Summer provides an opportunity to learn and grow. Slowing down a bit during the summer, with its more relaxed pace, offers an opportunity to invest time in personal growth. This could mean reading that book you've put off, learning a new skill, or even starting a hobby. By dialing back, we can dedicate a portion of our time to self-improvement that might get neglected during the busier times of the year. And the best part? This learning can occur while we're lounging on the porch, chilling in the backyard, while on vacation, or sipping lemonade with a friend at the park.

So, whether you're a parent eager to create lasting memories with your kids, a hard worker needing a break, or just someone who wants to enjoy the beauty of summer, slowing down could be your ticket to a more fulfilling season.